

Family Connections™ Alumni Group



New! FC Alumni group

If you'd like to refresh specific skills by joining us for our monthly
Practice, practice, practice!

FC Alumni Meeting Format

- one hour to review specific skill(s)
- one hour for open-ended discussion

Next Class

When: Tuesday, July 18th

July location: Eastminster United Church
310 Danforth Av, Toronto
Chester Subway station

Time: 6pm to 8pm

Cost: Free

Fall classes

- **September 19th -- Relationship Mindfulness Skills**
- **October 24th – Acceptance (Radical) and Change**
- **November 21st – Holiday Helpers – how to navigate the holidays**

Fall location will be: Blessed Sacrament School
24 Bedford Park Avenue

* no group currently scheduled for August and December

** please check website to confirm dates, location and topics

<http://sashbear.org/en/family-connections>

For More information: fcprogram@sashbear.org

Or phone 416-523-0495 or 1-888-523-0495



The Sashbear Foundation

Making waves on BPD and suicide prevention...

